

Living with diabetes is not easy.

But with good coping skills and the support of people around you, you can do it.

New **Beginnings** from the National Diabetes Education Program focuses on skills such as planning, managing stress, and communicating with your family and health care providers. These skills can help you cope with the ups and downs of managing your diabetes. Family members can learn about diabetes management and the best ways to support you.

With **New Beginnings**, you will learn in a fun, supportive group setting that every day is a new chance to do a little better.

To sign up for a **New Beginnings** group, contact: